




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Chair Yoga 10:30 iN2L: Piggy Banker 11:00 Lunch 12:00 Walking with Friends 1:15 Pretty In Pink: Makeovers 2:30 Memory Café 3:00 Bible Study 4:00 Dinner 5:30 Classic Radio: Bob Hope 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Sit & Be Fit 10:30 iN2L: Cranium Crunches 11:00 Lunch 12:00 Walking with Friends 1:15 Crafty Creation: DIY Face Mask (CC) 2:30 Sip and Share 3:00 August IQ Trivia 4:00 Dinner 5:30 Painting w/ Bob Ross 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Stretch & Strengthen 10:30 iN2L: Word-a-thon 11:00 Lunch 12:00 Walking with Friends 1:15 Kitchen Creation: Bake Banana & Cinnamon Apples (CC) 2:30 Sip and Taste 3:00 "Sew" Word Rhyme 4:00 Dinner 5:30 Travel to Dominican Republic 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Worship Service (CC) 10:30 iN2L: Hymns (CC) 11:00 Lunch 12:00 Walking with Friends 1:15 Day Excursion: Windy Knoll Ice Cream 2:30 Sip and Be Social 3:00 Dominoes 4:00 Dinner 5:30 Classic TV: Graham Kerr's Kitchen 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Band Practice 10:30 iN2L: Finish The Lyrics 11:00 Lunch 12:00 Walking with Friends 1:15 Gardening Club 2:30 Sip and Make a new Friend 3:00 Modern Jeopardy Trivia 4:00 Dinner 5:30 Visit National Park: Pacific Rim 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Simply Stretch 10:30 iN2L: Hard Logic 11:00 Lunch 12:00 Walking with Friends 1:15 Memories in the Making 2:30 Sip and Discuss 3:00 Giant Uno Cards 4:00 Dinner 5:30 Ted Talks: Guardianship 7:00 Evening Wind Down
7	8	9	10	11	12	13
6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Meditation Time 10:30 iN2L: Hymns 11:00 Lunch 12:00 Walking with Friends 1:30 Piano Playing w/ Bryan Herber 2:30 Sip and Dance 3:00 Worship Service 4:00 Dinner 5:30 Alaska Bears Webcam 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Chair Stretches 10:30 iN2L: Balloon Burst 11:00 Lunch 12:00 Walking with Friends 1:15 Pretty In Pink: Friendship Bracelet (CC) 2:30 Sip and Share 3:00 Bible Study 4:00 Dinner 5:30 Classic Radio: Grand Ole Opry 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Star & Stripes 10:30 iN2L: Brain Aerobes 11:00 Lunch 12:00 Walking with Friends 1:15 Kitchen Creation: Family Lunch Prep (CC) 2:30 Sip and Discuss 3:00 Wacky Wordies 4:00 Dinner 5:30 Art of Woodworking 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Toning Legs & ABS 10:30 iN2L: Pictionary 11:00 Family Style Lunch (CC) 12:00 Walking with Friends 1:15 Gardening Club 2:30 Ice Tea Time 3:00 Summer Riddle Jumble 4:00 Dinner 5:30 Travel to California 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Worship Service (CC) 10:30 iN2L: Hymns (CC) 11:00 Lunch 12:00 Walking with Friends 1:15 Day Excursion: Norlo Park 2:30 Sip and Mingle 3:00 Family Feud 4:00 Dinner 5:30 Classic Movies: Elvis '56 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Band Practice 10:30 iN2L: Name That Tune 11:00 Lunch 12:00 Walking with Friends 1:15 Crafty Creation: Inspiration Watercolor Resist Art 2:30 Sip and Show 3:00 Wheel of Fortune 4:00 Dinner 5:30 Virtual Guided Tours 7:00 Evening Wind Down	6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Sittercise 10:30 iN2L: Monthly Trivia 11:00 Lunch 12:00 Walking with Friends 1:15 Reminiscing Cards 2:30 Cotton Candy Station 3:00 Indoor Bowling 4:00 Dinner 5:30 Ted ED: Solar Storm 7:00 Evening Wind Down

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>14</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Aromatherapy 10:30 iN2L: Hymns 11:00 Lunch 12:00 Walking with Friends 1:30 Barb & Friends 2:30 Popcorn Station 3:00 Worship Service 4:00 Dinner 5:30 Hummingbird Webcam 7:00 Evening Wind Down</p>	<p>15</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Dancing Through the Decades 10:30 iN2L: Word Scramble 11:00 Lunch 12:00 Walking with Friends 1:15 Pretty In Pink: Spa Day 2:30 Sip and Relax 3:00 Bible Study 4:00 Dinner 5:30 Classic Radio: Paul Harvey 7:00 Evening Wind Down</p>	<p>16</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Light & Lively 10:30 iN2L: Mind Fitness 11:00 Lunch 12:00 Walking with Friends 1:15 Kitchen Creation: Crazy Topping Chocolate Dipped Banana (CC) 2:30 Sip and Taste 3:00 King of the Jungle 4:00 Dinner 5:30 Great Art Explained 7:00 Evening Wind Down</p>	<p>17</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Latin Soul 10:30 iN2L: Word Boggle 11:00 Lunch 12:00 Walking with Friends 1:15 Crafty Creation: Plantable Seed Paper (CC) 2:30 Sip and Share 3:00 Concentration Puzzles 4:00 Dinner 5:30 Travel to Europe 7:00 Evening Wind Down</p>	<p>18</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Worship Service (CC) 10:30 iN2L: Hymns (CC) 11:00 Lunch 12:00 Walking with Friends 1:15 Day Excursion: Mikies Ice Cream 2:30 Sip and Be Social 3:00 Golden Trivia 4:00 Dinner 5:30 Talking Baseball w/ Ed Randall 7:00 Evening Wind Down</p>	<p>19</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Band Practice 10:30 iN2L: What's That Sound? 11:00 Lunch 12:00 Walking with Friends 1:15 Gardening Club 2:30 Snow Cone Station 3:00 Millionaire 4:00 Dinner 5:30 Visit National Park: Nevada 7:00 Evening Wind Down</p>	<p>20</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Sit & Celebration 10:30 iN2L: Name 5 Thing Cards 11:00 Lunch 12:00 Walking with Friends 1:15 Shake Loose Memory 2:30 Sip and Mingle 3:00 Bottle Ring Toss 4:00 Dinner 5:30 Ted Talks: Last Pandemic 7:00 Evening Wind Down</p>
<p>21</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Meditation Time 10:30 iN2L: Hymns 11:00 Lunch 12:00 Walking with Friends 1:15 Sharpen Your Senses 2:30 Sip and Discuss 3:00 Worship Service 4:00 Dinner 5:30 Kitten Rescue Webcam 7:00 Evening Wind Down</p>	<p>22</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Music in Motion 10:30 iN2L: Weekly Crossword 11:00 Lunch 12:00 Walking with Friends 1:15 Summer Time Bingo (CC) 2:30 August Birthday Celebrate (CC) 3:00 Bible Study 4:00 Dinner 5:30 Classic Radio: Gene Autry 7:00 Evening Wind Down</p>	<p>23</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Dancing Around the World 10:30 iN2L: Train Your Brain 11:00 Lunch 12:00 Walking with Friends 1:15 Kitchen Creation: Waffle Cone Bowl (CC) 2:30 Sip and Taste 3:00 Midas Touch Message 4:00 Dinner 5:30 Visit A Virtual Museums 7:00 Evening Wind Down</p>	<p>24</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 iN2L: Sing w/ Susie Q 10:30 Dance Class w/ Jess 11:00 Lunch 12:00 Walking with Friends 1:15 Pretty in Pink: Nail Care 2:30 Sip and Show 3:00 Go Outdoors Trivia 4:00 Dinner 5:30 Travel to Kansas 7:00 Evening Wind Down</p>	<p>25</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Worship Service (CC) 10:30 iN2L: Hymns (CC) 11:00 Lunch 12:00 Walking with Friends 1:15 Day Excursion: Nelly Fox Bowling (CC) 2:30 Sip and Be Social 3:00 Word Boggle 4:00 Dinner 5:30 Classic Movies: Call Me Elizabeth 7:00 Evening Wind Down</p>	<p>26</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Band Practice 10:30 iN2L: Name That Song 11:00 Lunch 12:00 Walking with Friends 1:15 Gardening Club 2:30 Ice Tea Time w/ Caregiver 3:00 Jeopardy 4:00 Dinner 5:30 Travel w/ Rick Steves 7:00 Evening Wind Down</p>	<p>27</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Fittersitter 10:30 iN2L: Would You Rather 11:00 Lunch 12:00 Walking with Friends 1:15 TimeSlips 2:30 Sip and Share 3:00 Roll & Bowl 4:00 Dinner 5:30 Ted ED: Would you Lie? 7:00 Evening Wind Down</p>
<p>28</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Aromatherapy 10:30 iN2L: Hymns 11:00 Lunch 12:00 Walking with Friends 1:15 Memory Magic (CC) 2:30 Sip and Discuss 3:00 Worship Service 4:00 Dinner 5:30 Pandas Webcam 7:00 Evening Wind Down</p>	<p>29</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Seatworks 10:30 iN2L: Tell A Joke 11:00 Lunch 12:00 Walking with Friends 1:15 The Ungame Cards 2:30 Sip and Share 3:00 Bible Study 4:00 Dinner 5:30 Classic Radio: Duke Ellington 7:00 Evening Wind Down</p>	<p>30</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Express Toning 10:30 iN2L: Happy Neuron 11:00 Lunch 12:00 Walking with Friends 1:15 Name that Golden Oldie 2:30 Sip and Mingle 3:00 Finish the Saying 4:00 Dinner 5:30 Explore The History Of Art 7:00 Evening Wind Down</p>	<p>31</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Tai Chi 10:30 iN2L: Music w/ Mary Sue 11:00 Lunch 12:00 Walking with Friends 1:15 Ice Breaker Bingo (CC) 2:00 Friends Hosting Friends (CL,CC) 3:00 Price Is Right 4:00 Dinner 5:30 Travel to Bangladesh 7:00 Evening Wind Down</p>	<p><i>Chambersburg</i> CONNECTIONS</p>  <p>AUGUST 2022</p>		